



Rules of FAST5 Netball

2022 Edition

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FAST5 is a modified form of the Game of Netball approved by World Netball (WN). The WN Rules of FAST5 (2022) are the official rules of FAST5 and replace all earlier versions. They are to be read in conjunction with the WN Rules of Netball (2020).

The WN Rules of Netball apply to all match situations not specifically mentioned in the WN FAST5 Rules. FAST5 rules are distinguished by the use of the letter 'F' [e.g. Rule F2 (ii)]. All other references are to the WN Rules of Netball (2020).

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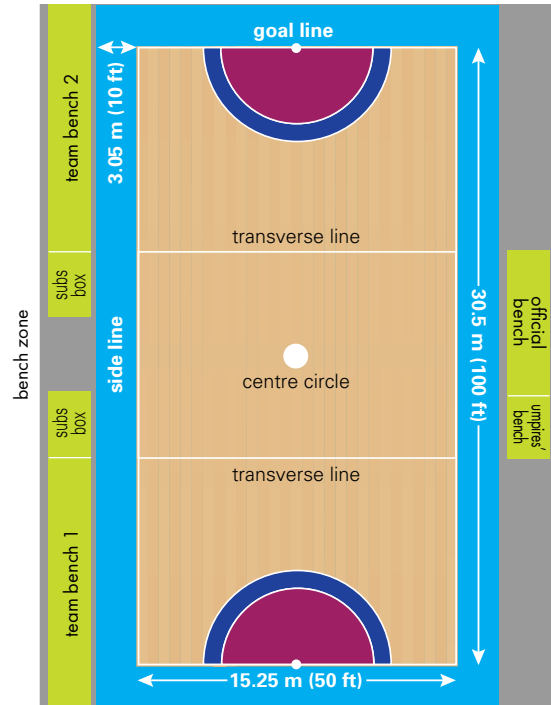
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Rule F1 Court and Related Areas

- (i) FAST5 matches are played on a Netball court with an additional semi-circle of radius 3.5 m (11.5 ft) marked inside the goal circle (centre at the mid-point of the outer edge of the goal line). The area inside this semi-circle is called the 'inner circle'; the area between this semi-circle and the edge of the goal circle is called the 'outer circle'.
- (ii) A rectangular substitution box measuring 4 m by 1 m (13.1 ft by 3.28 ft) is marked on the floor adjacent to the court surround, opposite the centre third and beside each team bench. The longer sides are parallel to the side line and the outer edge is level with each transverse line.
- (iii) The official bench is positioned adjacent to the court surround, opposite the centre of the court. It may be positioned on either side of the court, but if on the same side as the team benches it is recommended that it be elevated for clear viewing of play.

COURT AND RELATED AREAS



Key:

-  Outer Circle 4.9 m (16 ft) radius
-  Inner Circle 3.5 m (11.5 ft) radius
-  Goal Thirds and Centre Third
-  Centre Circle 0.9 m (3 ft) diameter
-  Court Surround 3.05 m (10 ft)

Rule F2 Match Length

- (i) A match consists of four quarters each of 6 minutes playing duration, with an interval of up to 2 minutes between the first-second and third-fourth quarters. The half-time interval is up to 4 minutes. Teams change ends each quarter.

1st quarter	interval	2nd quarter	half time	3rd quarter	interval	4th quarter
6 minutes	up to 2 minutes	6 minutes	up to 4 minutes	6 minutes	up to 2 minutes	6 minutes

- (ii) The last 90 seconds of playing time in each quarter is designated as the 'Power Play Period'. This is contested by both teams in each quarter. In a 'Power Play Period', all goals scored by a team receive double goal points.
- (iii) If a winner is required and the scores are tied at full-time, extra time is played as follows:
- Play stops and players remain on the court (no change of ends) while the captains toss for the centre pass to restart play
 - Play immediately recommences for a period of 1 minute
 - If at the end of this period one team is leading, this team is declared the winner; if the scores are tied, play continues until the next goal is scored
 - Power play does not apply in extra time.

Rule F3 Players

- (i) A team consists of up to ten players. There are five playing positions in each team whose playing areas are the same as in Netball:
Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goal Keeper (GK).
- (ii) During play a team may not have more than five players on the court. If this occurs the umpire holds time and requires any additional player/s to leave the court.

Sanction: Free pass where the ball was when time was held

- (iii) A team must have at least four players on the court at any time (this may include a player in the process of entering the court as a substitute).
- At the start of a quarter: when play is ready to start, a team must take the court if there are at least four players present (one must play as Centre). If four players are not present, a period of 30 seconds is allowed for additional player/s to arrive before the match is awarded to the opposing team
 - During play: if a team has fewer than four players on the court, the umpire holds time and requires a player to return to the court immediately

Sanction: Free pass where the ball was when time was held

- (c) If no player is available to take the court or if more than one position in a team is vacant due to suspension and/or ordering off, the umpires terminate play and award the match to the opposing team.

Rule F4 Role of Captain

Before the match the captains toss for the first goal end and initial centre pass in each quarter.

- (i) The team winning the coin toss:
 - (a) Chooses the centre pass, either first-third or second-fourth quarters.
- (ii) The team losing the coin toss:
 - (a) Chooses the goal end to commence the match
 - (b) Takes the first centre pass in the quarters not chosen by the team winning the coin toss.

Rule F5 Match Officials and Scorers

- (i) The umpires work together to cover the court and to control the match [refer FAST5 Guidelines for Umpires].
- (ii) The technical officials:
 - (a) Record the goal points for each team as each goal is scored
 - (b) Indicate when the 'Power Play Period' commences in each quarter by sounding an audible signal and standing a Power Play card on the official bench for the duration of the 'Power Play Period'
 - (c) Indicate when extra time is being played by displaying a visual signal at the official bench.

Rule F6 Sanctions

- (i) A penalty pass is taken where the infringer is standing unless this disadvantages the non-infringing team [Rule 7.1.1 (i) (b)]. If a disadvantage occurs, the penalty pass is awarded where the non-infringing player is standing.
- (ii) A disadvantage occurs:
 - (a) Through the court: if the non-infringing player is standing closer to the team's goal end
 - (b) In and around the goal circle: if the non-infringing player is standing in a higher goal points area.
- (iii) The player taking the penalty pass may:
 - (a) Take the penalty pass as indicated
or
 - (b) Request to take the penalty pass where the infringer was standing.

Rule F7 Centre Pass

- (i) The initial centre pass in each quarter is taken as specified [Rule F4].
- (ii) All other centre passes are taken by the team that did not score the last goal.
- (iii) A team may not delay the centre pass in order to substitute its Centre.

Sanction: Penalty pass taken in centre third by the transverse line at the goal end of the non-infringing team – the whistle is blown to start play then the infringement is penalised. The substitute Centre is cautioned and stands out of play for the penalty pass

Rule F8 Substitutions

- (i) Substitutions may be made during play (as well as during stoppages and intervals). There is no limit to the number that can be made and more than one substitution may be made at any time. Play will not be held for a substitution to be made.
- (ii) For a substitution during play:
 - (a) The substitute stands wholly inside the team’s substitution box to indicate a substitution is to be made
 - (b) Before leaving the substitution box, the substitute tags (with hand) the player leaving the court
 - (c) Players must observe the offside rule as they enter/leave the court and must not interfere with the umpire’s movement during the substitution

Sanction: Free pass where the ball was when the interference or offside entry/exit occurred

- (d) A player leaving the court returns to the team bench.

Rule F9 Requirements for Scoring a Goal

- (i) A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the goal third (including the goal circle).
- (ii) Each successful goal scores a number of goal points as specified below. The number of points is determined by the place from which the shot is made and includes contact with the ground by the player during the catching and holding of the ball prior to the shot.

3 goal points (super shot)	the player had no contact with the ground in the goal circle
2 goal points	the player had contact with the ground in the outer circle but no contact with the ground in the inner circle
1 goal point	the player had contact with the ground in the inner circle

- (iii) If a player lands simultaneously across a circle boundary the shot is deemed to have been made from the circle area that scores the fewer number of goal points.
- (iv) During a ‘Power Play Period’ all goals score double goal points.

Rule F10 Game Management

- (i) The WN Rules of Netball [Rule 13] apply except that the length of a suspension is 1 minute of play.
- (ii) In addition, the following applies:
An objective of FAST5 is for the attacking team to progress play to its goal end in order to attempt to score a goal. Play that does not meet this objective (e.g. passing the ball simply to use up time) is considered to be 'not in the spirit of the Game'.

In such a case:

- (a) The umpire calls '**use it**' and points to the goal end of the team concerned as a signal that the team must immediately progress the ball towards its goal end in order to attempt to score a goal
- (b) If the player fails to immediately carry out the umpire's instruction the player is sanctioned

Sanction: Penalty pass awarded just outside the goal circle of the non-infringing team and the player is cautioned

- (c) This signal remains in effect while the team has possession or until a shot at goal has been attempted.

Rule F11 Umpire Hand Signals and Communication

In FAST5 it is essential that hand signals are clear and voice communication is kept to a minimum and used only when clarification is needed. To ensure accuracy, umpires should wear a microphone to aid communication with the Technical Officials. Umpires should clearly indicate goal points (using the signals below) and also call the number of goal points to assist the Technical Officials with scoring. In addition to the umpire hand signals specified for the WN Rules of Netball [Appendix B Umpire Hand Signals] the following hand signals are used.

- (i) One goal point**
One arm raised vertically



- (ii) Two goal points**
Both arms raised high in air with hands close together



- (iii) Three goal points**
Both arms raised high in air with arms wide apart



The following guidelines have been developed to assist umpires to ensure FAST5 is an exciting, high-speed game with wide appeal for players and spectators. They are based on the principles of 'keeping the game moving', a high level of teamwork between umpires, reduced use of whistle and clear communication using hand signals.

1 Increased Teamwork between Umpires

The umpires work cooperatively at all times. They cover the court as follows:

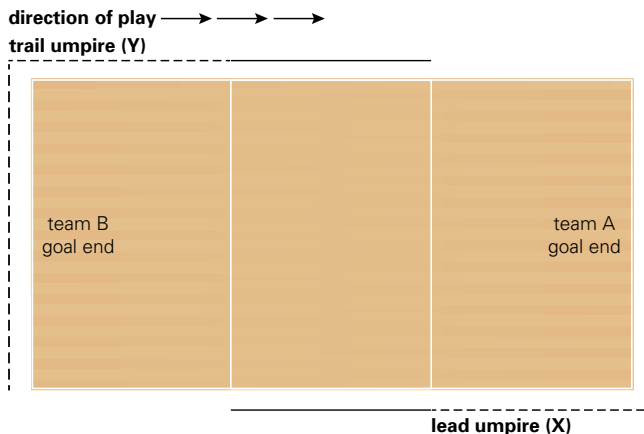
- (i) Each umpire controls the goal third to the right (including the goal line) and the nearer side line.
- (ii) The umpires work together to control play as it moves through the centre third (see below).
- (iii) Irrespective of where the ball is, either umpire may stop play for injury/illness, blood or any other appropriate reason (players may appeal to either umpire).

2 Lead and Trail Umpires

To assist in describing the responsibilities of the two umpires as they work together, the terms 'lead umpire' and 'trail umpire' are used (it should be noted that these are used in a different sense from in other sports):

- (i) The **lead umpire** is the umpire whose goal end the ball is moving **towards**.
- (ii) The **trail umpire** is the umpire whose goal end the ball is moving **away from**.

In the diagram below, if team A has possession, the ball is deemed to be moving towards team A's goal end (irrespective of the position of the ball). Hence umpire X is the lead umpire and umpire Y is the trail umpire.



If umpire Y is positioned on the **side line**:

Umpire Y controls team B's goal third and the entire centre third, umpire X takes up control from the second transverse line and controls only team A's goal third.

If umpire Y is positioned on the **goal line**:

Umpire X may take up control from any point in the centre third as considered appropriate to play.

3 Start of Play

At the start of each quarter and after each goal, play is started by the lead umpire. This means:

- (i) At the start of each quarter, play is started by the umpire in whose direction play is expected to move.
- (ii) After each successful goal, play is restarted by the umpire in whose half the goal was NOT scored.
- (iii) After a stoppage, the umpires decide who restarts play according to the position of the ball.

4 Keeping the Game Moving

Umpires should do all that they can to ensure playing time is maximised. This means:

- (i) Sanctions should be taken close to where an infringement occurs. Umpires should not be overly fussy about the position unless there is unfair gain involved.
- (ii) When a penalty pass is awarded from which a shot might be taken, the position (including the goal point area) should be clearly indicated. The penalty pass is awarded where the non-infringing player was standing but on request may be moved to where the infringer was standing.
- (iii) It is desirable that additional balls are available so play may restart quickly (eg after a successful goal, when the ball goes out of court).

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